

# Heart Health and You

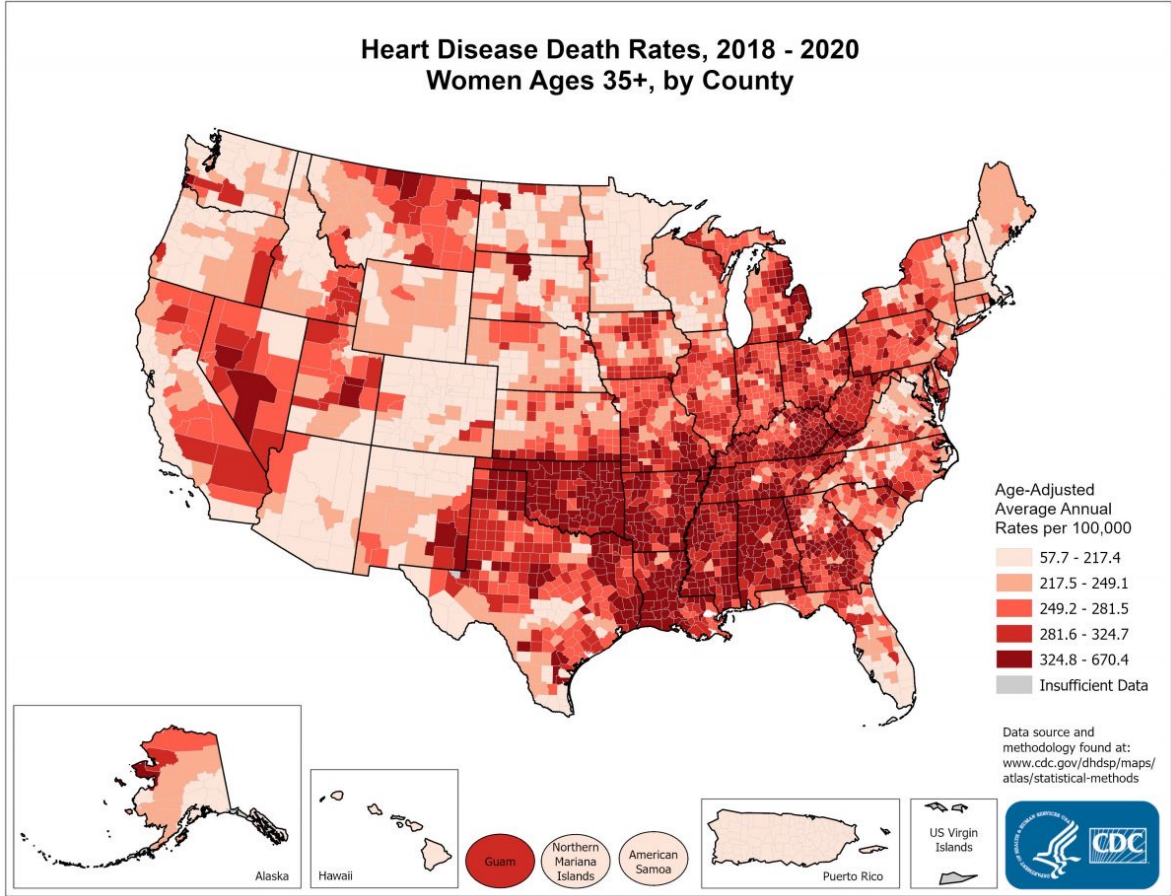
Let's Make Wear **Red** Day

Last A Lifetime!!

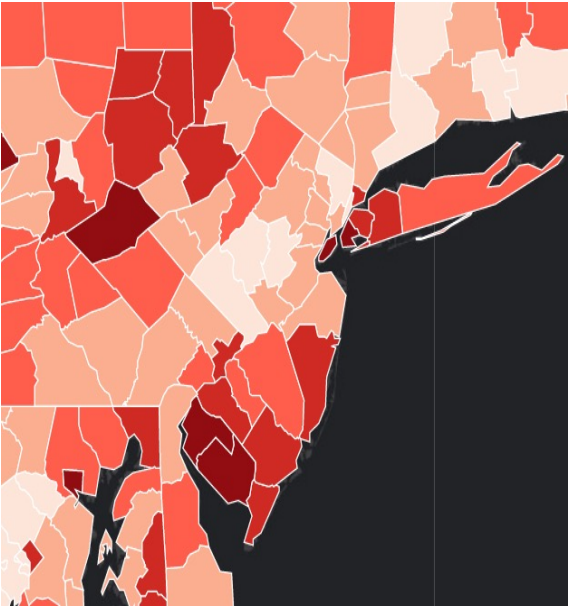
# How does heart disease affect women?

- Despite increases in awareness over the past decades, only about half (56%) of women recognize that heart disease is their number 1 killer.
- Heart disease is the leading cause of death for women in the United States, killing 314,186 women in 2020—or about 1 in every 5 female deaths.
- Heart disease is the leading cause of death for African American and white women in the United States. Among American Indian and Alaska Native women, heart disease and cancer cause roughly the same number of deaths each year. For Hispanic and Asian or Pacific Islander women, heart disease is second only to cancer as a cause of death.
- About 1 in 16 women age 20 and older (6.2%) have coronary heart disease, the most common type of heart disease:
  - About 1 in 16 white women (6.1%), black women (6.5%), and Hispanic women (6%)
  - About 1 in 30 Asian women (3.2%)

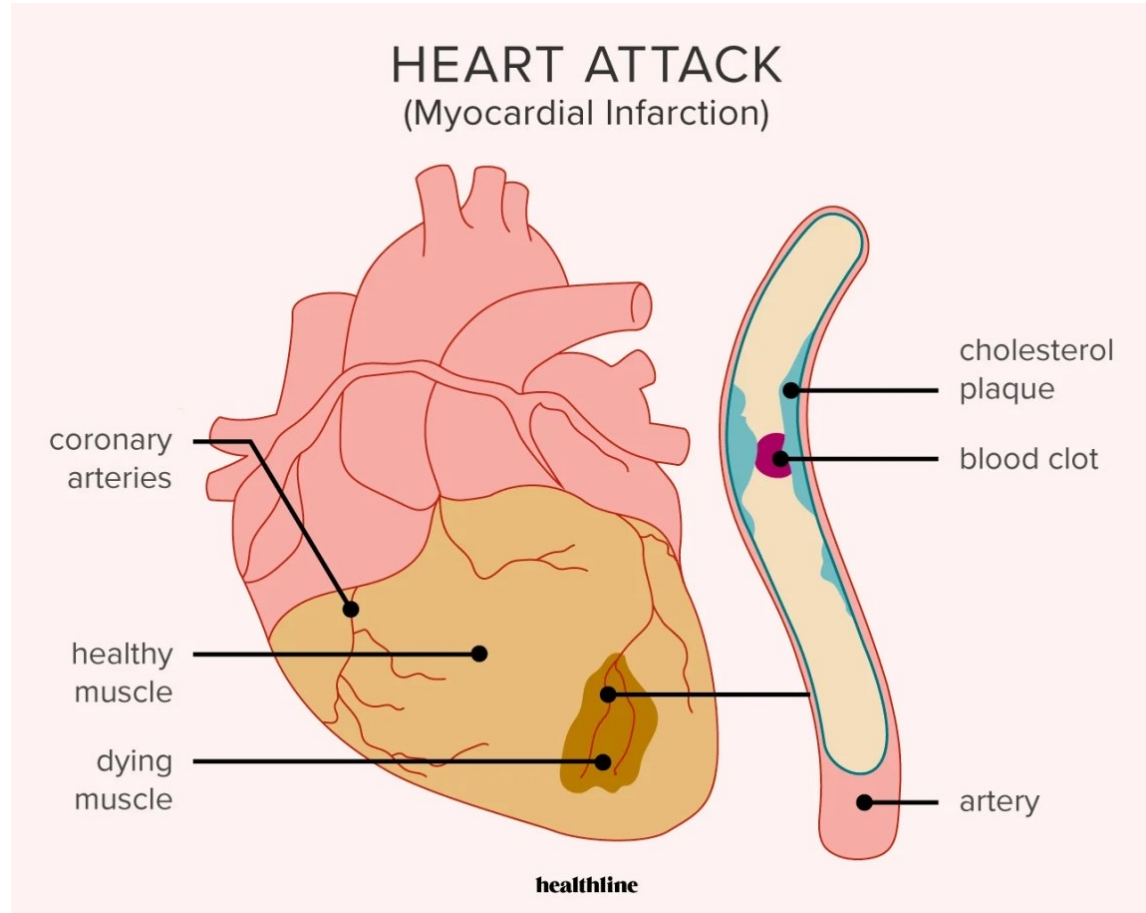
# Heart Disease US Death Rates



NJ Rates



# Heart Attack – Picture Overview



## Symptoms Vary:

Female symptoms may be:

The same as Men

Less similar or Entirely different

Different for each individual

Rapid onset

Gradual onset

“I just don’t feel right”

Get checked out – ASAP!

# Heart Disease Symptoms

- Sometimes heart disease may be “silent” and not diagnosed until you have other symptoms or emergencies, including:
- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath
- **Arrhythmia:** Fluttering feelings in the chest (palpitations)
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins

# How to Get Healthier?

- Make a personal commitment before a clinical event
  - Get a physical and talk with your physician
  - Develop a wellness plan
  - Meals – reduce foods high in saturated/trans fats and sugars
  - Stress – take 5 to relax/breathe
  - Exercise – Follow age appropriate guidelines (speak to Dr)
- Small changes over time >> Chance to make *lasting* changes
- Within 1-2 weeks you will begin to feel different - Better!
- Build off that improvement
- Work together with a partner – support one another!

# Wait and Ignore your heart health...

- Don't have regular physical exams
  - I feel ok
  - Don't have the time
  - Need to find a new doctor
  - COVID-19 messed everything up – I'll get around to it soon
- Don't eat healthy
  - Increased chances for obesity, Diabetes (metabolic disorders)
  - Increased alcohol and tobacco consumption
- Keep a sedentary lifestyle
- Let the stress around you get to you

**Your Chances of Developing Heart Disease and MI Risk  
*Increase* with each diminished health factor (multi-factorial)**

# Develop Your Personal Heart (Health) Portfolio (401K)

- **Invest early**
  - Early and continual changes to your pay health dividends over time
- **Invest Often**
  - Take the stairs, not the elevator
  - Skip the XL super size burger joint meal (smaller portions)
  - Get friends, family, coworkers on board too (group investing!)
- **Check your “statements”**
  - Annual physical (quantitative measures)
  - Personal Wellness (qualitative measures)
  - REMEMBER – a downward change should be recognized and dealt with (don’t give up hope and “cash out”)
- **Your retirement years will be:**
  - Longer
  - Healthier
  - Happier!!

Take Care of Your Heart – Your Life *Depends* on It!!!

# Make Wear Red a Change for the entire Future – Not just for the Day

- Resources
- CDC, FDA, NIH websites
- Framingham Health Study
- Lifestyle Changes
- Many free Apps available (Apple, Android)
- Invest in a smart scale – tracks more than weight
- Invest in a smart watch (fitbit, Apple, Samsung, etc.)
- Technology has made tracking your heart health easier AND has the capability to send to your physician

# Final Thoughts....

- Only *You* know **You**
  - Be honest with yourself
- Don't ignore changes in how you are feeling
- Indigestion
- Fatigue
- Neck/back pain
- Rapid changes – go to ED quickly
- Gradual changes – see your Physician (Cardiologist if needed)
- Insist for evaluation AND follow-up if you still feel “wrong”
- Fight Discouragements by developing a routine
  - For *Prevention* – Don't develop Heart Disease
  - For *Recovery* – Living with Heart Disease